

Blue Cheese-Walnut Deviled Eggs

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Servings: 24

12 large eggs

1/3 cup mayonnaise

3 tablespoons crumbled blue cheese

salt and pepper (to taste)

candied walnuts (for garnish)

In a wide pot, place the eggs and cover with cold water by one inch. Bring to a boil. Reduce the heat to medium low and simmer for 10 minutes.

Drain the eggs and run under cold water to cool slightly. Peel and halve each egg lengthwise.

Scoop out the yolks and place in a large bowl. Mash the yolks.

Add the mayonnaise, blue cheese, salt and pepper. Mix well.

Spoon into the egg whites. Top with the candied walnuts.

Per Serving (excluding unknown items): 62 Calories; 5g Fat (76.9% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 108mg Cholesterol; 67mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	62	Vitamin B6 (mg):	.1mg
% Calories from Fat:	76.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	1.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	13mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	108mg	% Refuse:	0 0%
Carbohydrate (g):	trace		

Food Exchanges

Dietary Fiber (g): 0g
Protein (g): 3g
Sodium (mg): 67mg
Potassium (mg): 37mg
Calcium (mg): 19mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 138IU
Vitamin A (r.e.): 39RE

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 62 Calories from Fat: 48

% Daily Values*

Total Fat	5g	8%
	Saturated Fat 1g	7%
Cholesterol	108mg	36%
Sodium	67mg	3%
Total Carbohydrates	trace	0%
	Dietary Fiber 0g	0%
Protein	3g	

Vitamin A	3%
Vitamin C	0%
Calcium	2%
Iron	3%

** Percent Daily Values are based on a 2000 calorie diet.*